



**STATE OF TEXAS**  
**OFFICE OF THE GOVERNOR**

Children and adults who experience mental health conditions are an important part of the fabric of Texas. These Texans learn alongside their peers in school, work side-by-side with their co-workers to get the job done, and participate and contribute to their communities in meaningful ways. With access to services and support, Texans who experience these conditions can be just as independent and productive as everyone else across our great state.

Nearly one in five Texans will experience a mental health condition in a given year. Some of the diagnoses include major depression, bipolar disorder or anxiety disorders. Mental health conditions can affect a person at any point in their life, but young people and military veterans experience mental health conditions at rates higher than the general population. Many people who experience mental health conditions have co-occurring disabilities.

People who experience mental health conditions are at an increased risk to acquire a chronic disease and for adverse health outcomes. Many people who experience mental health conditions also have a co-occurring substance use disorder. More than 90 percent of children who commit suicide experience an underlying mental health condition.

Since mental health is essential to everyone's health and well-being, I encourage all Texans to take charge of their mental health and seek help when necessary. An overwhelming majority of people who experience mental health conditions and receive right treatment and support have a significant reduction of symptoms and improved quality of life.

The stigma surrounding mental health conditions is one of the main barriers to people seeking help and treatment. I encourage people across the Lone Star State to help reduce the stigma by increasing our understanding and raising awareness of mental health conditions. When we learn how to support and include all of our friends and neighbors, our Texas communities will be stronger.

Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim May 2018 to be

**Mental Health Awareness Month**



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof, I hereby affix my signature this the 9<sup>th</sup> day of May, 2018.

Greg Abbott  
Governor of Texas